



Frequent Mental Distress

Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **9 of every 100** Southwest Kansas Health Initiative adults 18 years and older had frequent mental distress.



Depressive Disorder

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **nearly 13 of every 100** Southwest Kansas Health Initiative adults 18 years and older had depressive disorder.



www.kdheks.gov/brfss

Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Kansas Health Initiative

BY AGE*



About 14 of every 100 adults aged 18-44 years.



10 of every 100 adults aged 45-64 years.

BY ANNUAL HOUSEHOLD INCOME*



17.1%

About 17 of every 100 adults with an annual household income of less than \$35,000 per year.



10.8%

Nearly 11 of every 100 adults with an annual household income of \$35,000 or higher per year.

BY EDUCATION*





Nearly 13 of every 100 adults with a high school education or less.



About 13 of every 100 adults with some college education or higher.

^{*}The prevalence estimates of depressive disorder in Southwest Kansas Health Initiative are not significantly different by age, annual household income, and education groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Kansas Health Initiative

BY DISABILITY STATUS

Depressive Disorder was significantly higher among persons living with a disability[†] compared to those living without a disability.

About 31 of every 100 adults who reported living with a disability.

31.5%

About 6 of every 100 adults who reported living without a disability.

6.1%



BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults who were physically inactive[‡] compared to adults who were physically active.



7.6%

Nearly 8 of every 100 adults who participate in leisure-time physical activity



21.8%

Nearly 22 of every 100 adults who did not participate in leisure-time physical activity

Southwest Kansas Health Initiative counties: Grant, Morton, Seward, Stanton, Stevens

Kansas Behavioral Risk Factor Surveillance System-Local Data, 2017. Kansas Department of Health and Environment, Bureau of Health Promotion website. Available at http://www.kdheks.gov/brfss/BRFSS2017/index.html. Accessed July 21, 2019.

Supported by grants from the Health Forward Foundation, Kansas Health Foundation, REACH Healthcare Foundation, Sunflower Foundation and the Centers for Disease Control and Prevention.

[†] Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

^{*}Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"